

Popliteal for Seat Depth

- Using a metal tape or yardstick, measure from the back of the employee's knee to the back of the buttock.
- Note the popliteal length in inches, rounded to the upper half inch.

**Standing Knee Height Measures Seat Height and Cylinder Size for Forward Tilt.**

- Have employee stand.
- Measure from floor to top of



knee cap.

- Ask employee to wear the lowest heel shoe normally worn to work.
- Note knee height in inches and round to upper half inch.



Elbow to Floor for Desk and Keyboard Height

90/90/90 Position



- Have employee sit in preferred position.
- Relax shoulders.
- Flex elbows, forearms level with floor.
- Measure from tip of elbow to floor.





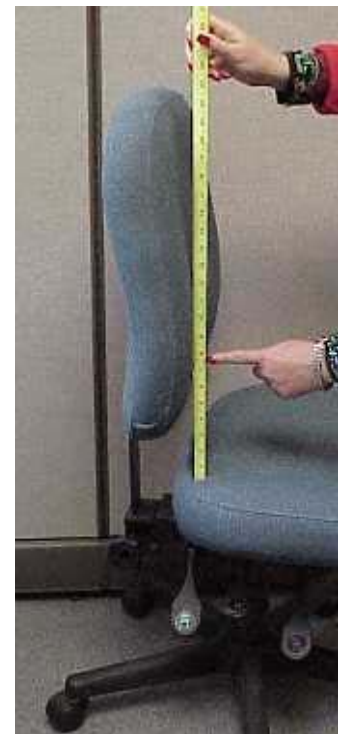
Forward Tilt Position



Measuring Lumbar Support and to Set Chair Back Height



- Seat employee in correct chair and select preferred position (forward tilt or 90/90/90).
- Have the employee put their hand in the curve of their lower back (lumbar).
- Measure from top of seat to the middle finger.
- Set backrest lumbar curve to match the curve of the lower back.



Selecting Seat Pan Width



- Seat employee.
- Have employee place arms by their side, bend elbows, keeping forearms and wrists straight.
- Measure distance between tips of little fingers.

